



BREAKFAST @SCHOOL

For first-class learning!

Prince George's County BIC & MMFA Schools

Featuring
Healthy Fruits
& Grains!

**BREAKFAST MENU
FOR MARCH 2015**

USDA is an equal opportunity provider and employer.

Available Daily!

Breakfast in the Classroom (BIC) is a PGCPs program providing free "Grab 'N' Go" breakfast at select Elementary and Middle Schools. All BIC Schools Offer Daily: Choice of Main Entrée OR General Mills Cereal w/Graham Crackers +.

Maryland Meals for Achievement (MMFA) is a PGCPs program providing free breakfast served in the classroom at select Elementary schools.

*Item contains pork + Item is meatless
Milk choices are 1% plain and fat-free plain

MENUS ARE SUBJECT TO CHANGE.

Monday, March 2

MMFA

Cinnamon Pancake Sandwich +

BIC

Cinnamon Pancake Sandwich +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit, Orange Juice

Choose One:

Assorted Milk

Tuesday, March 3

MMFA

Egg & Cheese on Bun +

BIC

Egg & Cheese on Bun +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit
Apple Juice

Choose One:

Assorted Milk

Wednesday, March 4

MMFA

General Mills Cereal
w/Graham Crackers +

BIC

Egg, Turkey Sausage
& Cheese Stuffer
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit, Grape Juice

Choose One:

Assorted Milk

Thursday, March 5

MMFA

Sausage Biscuit*

BIC

Sausage Biscuit*
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit
Apple Juice

Choose One:

Assorted Milk

Friday, March 6

MMFA

Rise n' Shine Crunch Bar +

BIC

Rise n' Shine Crunch Bar +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit
Assorted Juices

Choose One:

Assorted Milk

Join us for National School Breakfast Week ♦ March 2-6, 2015

TRY BREAKFAST@SCHOOL!

This month, we're celebrating National School Breakfast Week, March 2-6. If breakfast at home isn't practical for your family for whatever reason, this is a great time to give Breakfast@School a try!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, March 9

MMFA

Pillsbury Maple Waffles +

BIC

Pillsbury Maple Waffles +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit
Orange Juice

Choose One:

Assorted Milk

Tuesday, March 10

MMFA

Breakfast Wrap +

BIC

Breakfast Wrap +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit
Apple Juice

Choose One:

Assorted Milk

Wednesday, March 11

MMFA

Cinnamon Bread +

BIC

Cinnamon Bread +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Fruit
Grape Juice

Choose One:

Assorted Milk

Thursday, March 12

MMFA

General Mills Cereal
w/Graham Crackers +

BIC

Southwestern Egg &
Cheese Sliders +
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:
Fresh Fruit, Apple Juice

Choose One:

Assorted Milk

Friday, March 13

MMFA

Chicken Biscuit

BIC

Chicken Biscuit
General Mills Cereal
w/Graham Crackers +

Choose Up to Two:

Fresh Apple Slices
Assorted Juices

Choose One:

Assorted Milk

BREAKFAST@SCHOOL

helps keep kids healthy and gives them the energy they need to learn.

First things First -- New This Year!

For a Complete Breakfast select at least **ONE FRUIT** and **TWO** other food items.

BREAKFAST@SCHOOL
For first-class learning!

Monday, March 16

MMFA
Strawberry Oatmeal Bar +

BIC
Strawberry Oatmeal Bar +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Orange Juice

Choose One:
Assorted Milk

Tuesday, March 17

MMFA
Eggo Pancakes +

BIC
Eggo Pancakes +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

Wednesday, March 18

MMFA
General Mills Cereal w/Graham Crackers +

BIC
Pillsbury Turkey Sausage Sunrise Flatbread
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit, Grape Juice

Choose One:
Assorted Milk

Thursday, March 19

MMFA
Trix Yogurt w/Graham Crackers +

BIC
Trix Yogurt w/Graham Crackers +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit, Apple Juice

Choose One:
Assorted Milk

Friday, March 20

MMFA
Ham, Egg & Cheese Tac-Go*

BIC
Ham, Egg & Cheese Tac-Go*
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Assorted Juices

Choose One:
Assorted Milk



Join us March 25th for a huge apple crunching event that is happening all across the state to celebrate the successful School Breakfast Programs in Maryland! Will you Hear the Maryland Crunch to help end childhood hunger? Sign-up today at www.tinyurl.com/HearTheCrunch

Monday, March 23

MMFA
Rise n' Shine Crunch Bar +

BIC
Rise n' Shine Crunch Bar +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Orange Juice

Choose One:
Assorted Milk

Tuesday, March 24

MMFA
Beef Sausage Link on Bun

BIC
Beef Sausage Link on Bun
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

Wednesday, March 25

MMFA
General Mills Cereal w/Graham Crackers +

BIC
Cinnamon Pancake Sandwich +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Apple Slices, Grape Juice
"Hear the Maryland Crunch"

Choose One:
Assorted Milk

Thursday, March 26

MMFA
Sausage Biscuit*

BIC
Sausage Biscuit*
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk

Friday, March 27

MMFA
Pillsbury Turkey Sausage Sunrise Flatbread

BIC
Pillsbury Turkey Sausage Sunrise Flatbread
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Apple Slices, Assorted Juices

Choose One:
Assorted Milk

Monday, March 30

MMFA
General Mills Cereal w/Graham Crackers +

BIC
Strawberry Oatmeal Bar +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit, Orange Juice

Choose One:
Assorted Milk

Tuesday, March 31

MMFA
Wild Berry Bread +

BIC
Wild Berry Bread +
General Mills Cereal w/Graham Crackers +

Choose Up to Two:
Fresh Fruit
Apple Juice

Choose One:
Assorted Milk